

Willetton's Got Talent

Last week and this week we have been treated to a feast of talent from the IMSS students performing for the students of Willetton Primary. Monday last week saw the school string orchestra play and entertain us with a few pieces, followed by our talented violin / viola students play a few tunes. Later in the week, we heard our wonderful Double Bass and Guitar students play some pieces they had been working on. Today we had our talented brass students wow the students with a few tunes and tomorrow will see the last of our mini concerts with our clarinet students entertaining the masses.

Friday will see all the classes perform a Christmas Concert at 8.45. We hope you can all come and celebrate the talents of the amazing children in the school.

Thanks

Mr Poole

Music Specialist









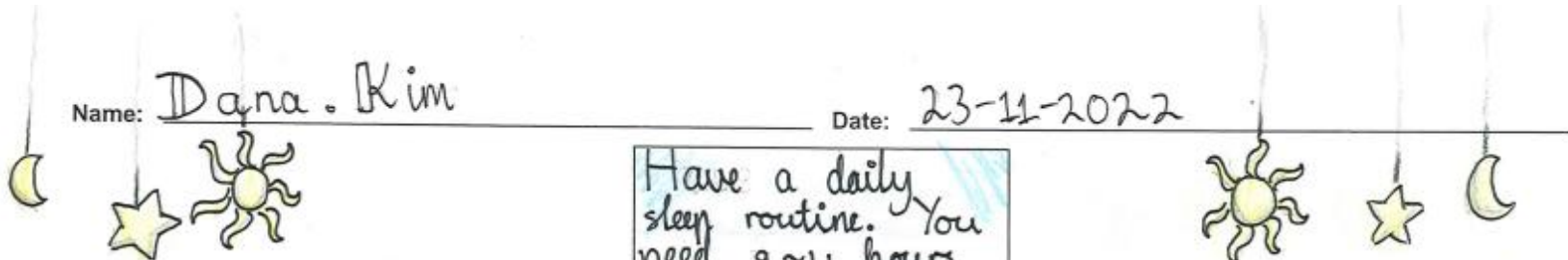




Sleep

Name: Dana Kim

Date: 23-11-2022



During sleep, your body physically heals what couldn't be healed in the day. You also produce hormones at this time.

Have a daily sleep routine. You need 9~11 hours of sleep each day. Without sleep, your immune system gets weaker.

Don't watch any electronics from an hour before sleep. The light from it releases a hormone that keeps you awake.

Sleep

There are 4 stages of REM (Rapid Eye Movement). Stage 1 & 2 are light sleep. Stage 3 is deep sleep, and stage 4 is when we have dreams.

Everyone needs sleep. If you deduct the amount of sleep you have, you will take longer to sleep and get irritated quickly.

Limit the intake of caffeine. Drinking caffeine leads to having trouble sleep. ☹☹



Wow, Dana! Super informative.



Name: Ashleen Kaur

Date: 23/11/2022



NonREM stands for non-rapid eye movement, it means in deep sleep. It is good for helping the body repair, build bone and muscle, and strengthen its immune system.



Rem stands for Rapid Eye Movement. REM can increase your brain activity and muscle relaxation.



☆ Fun Fact! ☆

If you ever jump in bed, while trying to fall asleep, don't worry! It's because your brain is confused if you fall or gain.



Sleep is your most the important thing you need as its repairing your body, setting you a good mood and help you with your memory.



For kids dont watch horror movies before bed, dont exercise before bed, dont look at a device before bed. To help you sleep faster, you can read a book.



Without sleep you wont be able to function, and your body wont be able to function.

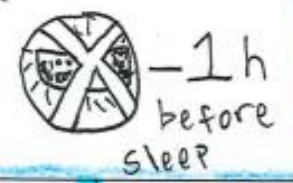


A lovely and very informative poster Ashleen.

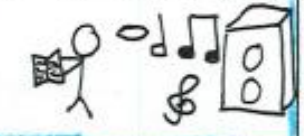
Name: Ewan

Date: 23/11/2022

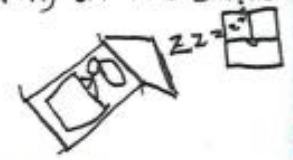
No blue light before sleep because it prevents you from sleeping easier and better.



Relax before your bedtime so you can sleep easy. Some people like reading a book before they sleep or listen to calm music.



Set up a sleeping routine so your body gets used to sleeping at the same time.

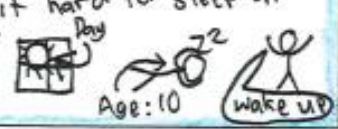


Good Sleep!

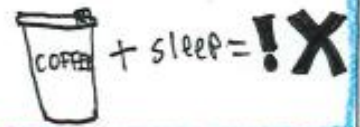
Eat the right amount of food because it is uncomfortable and very hard to sleep when you are hungry or full.



Keep older people's sleep short because as you grow older, you don't sleep as much as before. Because if you sleep too much, you will find it hard to sleep at night.



Avoid caffeine before sleep because caffeine makes you feel very awake and active.



✓ Great poster
Ewan.
AJ

Name: Lareen

Date: 29-10-22

It's great to watch something funny before sleep so it sets your mind happy unlike horror... *reminds*



have any problems? talk to your mum/Dad, to relieve it. then you'll feel relaxed when sleeping

no problems *dream* sleep




at least have 6hrs of sleep and more! it's good to sleep at the same time/wakeup that sets a routine

mon	tue	wed	thur	fri	you
8:30	8:30	8:30	8:30	8:30	
					


SLEEP




Don't use your bed for homework, calls or eating in your bed only use it for sleeping make a sleep connection



Don't Drink tea, Coffe, energy drinks or soft drink before you sleep it keeps you awake!



have 30 mins of no screens before bedtime so your mind does not think it has to be awake.



Very informative Lareen.

Name: Jayden Zhao

Date: 23/11/2022

3-5 years	10-13 hours
6-12 years	9-11 hours
13-18 years	8-10 hours
KNOW YOUR SLEEP LIMIT!	

HEALTHY SLEEPING

Healthy sleep is a good amount and quality of sleep. Everyday, you should have the same healthy sleep routines.

- no phone
- warm bath
- Fresh air

TIPS FOR HEALTHY SLEEP

YES

- Same time
- Evening walks
- Bedtime routine
- comfortable bed

NO

- sharp training
- Caffeine
- stress
- phones



SLEEP TIPS

Relax for an hour before going to bed.

SLEEP TIPS

If you can't sleep, try changing into a more relaxed position.

SLEEP TIPS

Keep distracting things out of the bedroom.

An extremely informative poster
Jayden.

Name: Shelby


Date: 23-11-2022

Routine

1. _____
 2. _____
 3. _____
 4. _____
 5. _____


- Go to bed at similar times every night & wake up at similar times at day.
 - try sleep at an early time so you can get up early!

Hours Required



Age	hours needed
3-5 years old	10-13 hours
6-12 years old	9-12 hours
13-18 years old	8-10 hours


What happens During sleep?



- when you sleep, your body fixes up, restores energy and also, grows. You grow a few mm taller, and, you feel energised!

SLEEP!


REM & Non-REM



REM = Rapid Eye Movement
 - when REM happens, your brain & body is energised and your breathing becomes faster this is when dreaming happens!


Non-REM
 - when your heart beat and breathing slows, you are experiencing Non-REM

The Stages of Sleep



1st - light sleep - the stage you can get up the easiest
 2nd - deep sleep - the stage where you start growing
 3rd - REM - the stage where your breathing goes fast

Screen Rules



- Don't look at a screen that is switched on for at least 1 hour before you go to sleep to sleep easier.



A wonderful poster,
 Shelby!

Name: Matha


Date: 23/11/22

Sleep is important, because you need it so your body can grow and heal during a deep sleep. after a long tired ^{night}

zzz Sleep is important for every one



Screens
Don't watch anything before you sleep you'll just think about it. And most important don't watch scary or horror.



What Happens during sleep?
During sleep you're either in a deep sleep or you're in REM where your body is sorting through stuff as you snooze.



Tips
Try not to sleep during the day.
Sleep the right amount of hours.
Too much sleep can be bad.

Routine
It's a good idea to try and wake up and sleep at the same time.

How long you or your child should sleep

1-12 months	12-16 hours
1-2 years	11-14 hours
3-5	10-13 hours
6-12	9-12 hours
13-18	8-10 hours



Very informative Matha!